



McKeel Academy Central & South McKeel Academy March Lunch Menu 2023

Menu items subject to change based on availability

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Feb. 27 Entrée Choices Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Mashed Potatoes Broccoli w/dip Assorted fruit Choice of Milk | Feb. 28 Entrée Choices Beef Nachos Yogurt Lunch Uncrustable Pizza (grades 3 and up) Sides Refried Beans Cut Corn Assorted Fruit Choice of Milk | March 1 Entrée Choices Cheeseburger Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides French Fries Salad w/sliced tomatoes Assorted Fruit Choice of Milk | 2 Entrée Choices Spaghetti w/ Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Cut Carrots Green Beans Assorted Fruit Choice of Milk | 3 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Tater Tots Baby Carrots w/dip Assorted Fruit Choice of Milk |
| 6 Entrée Choices Chicken Tenders w/ Mac & Cheese Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Broccoli w/Dip Green Peas Assorted Fruit Choice of Milk | 7 Entrée Choices Tex Mex Bowl (Seasoned Beef or Chicken) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Black Beans Cut Corn Assorted Fruit Choice of Milk | 8 Entrée Choices Deli Bar (Build your own Sandwich) Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Carrots w/dip Cucumbers w/dip Assorted Fruit Choice of Milk | 9 Entrée Choices Baked Chicken w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Mashed Potatoes Mixed Vegetables Assorted Fruit Choice of Milk | 10 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Cut Corn Baby Carrots w/dip Assorted Fruit Choice of Milk |
| SPRING BREAK HOLIDAY MARCH 13TH THROUGH THE 17TH! | | | | |
| 20 Entrée Choices WG Mini Corn Dogs Yogurt Lunch Uncrustable Pizza (Grades 3 and Up) Sides Baked Beans Celery Sticks w/dip Assorted Fruit Choice of Milk | 21 Entrée Choices Beef Tacos Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Pinto Beans Cut Corn Assorted Fruit Choice of Milk | 22 Entrée Choices Chicken Sandwich Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Tater Tots Lettuce/Tomato Assorted Fruit Choice of Milk | 23 Entrée Choices Brunch Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Cucumbers w/dip Breakfast Potatoes Assorted Fruit Choice of Milk | 24 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides French Fries Baby Carrots w/dip Assorted Fruit Choice of Milk |
| 27 Entrée Choices Chicken Nuggets w/Roll Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Mashed Potatoes Broccoli w/dip Assorted fruit Choice of Milk | 28 Entrée Choices Beef Nachos Yogurt Lunch Uncrustable Pizza (grades 3 and up) Sides Refried Beans Cut Corn Assorted Fruit Choice of Milk | 29 Entrée Choices Cheeseburger Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides French Fries Salad w/sliced tomatoes Assorted Fruit Choice of Milk | 30 Entrée Choices Spaghetti w/ Meat Sauce Yogurt Lunch Uncrustable Pizza (Grades 3 and up) Sides Cut Carrots Green Beans Assorted Fruit Choice of Milk | 31 Entrée Choices Pizza (all grades) Yogurt Lunch Uncrustable Sides Tater Tots Baby Carrots w/dip Assorted Fruit Choice of Milk |

A full lunch includes an entrée (meats & grains), 1 fruit & two vegetable sides and a choice of milk.
Milk choices include Low-Fat White or Fat Free Chocolate Milk Daily.

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov

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